

Sleep AND THE Classics



The Village Blacksmith

Under a spreading chestnut-tree
The village smithy stands;
The smith, a mighty man is he,
With large and sinewy hands;
And the muscles of his brawny arms
Are strong as iron bands.

His hair is crisp, and black, and long,
His face is like the tan;
His brow is wet with honest sweat,
He earns whate'er he can,
And looks the whole world in the face,
For he owes not any man.

Week in, week out, from morn till night,
You can hear his bellows blow;
You can hear him swing his heavy sledge,
With measured beat and slow,
Like a sexton ringing the village bell,
When the evening sun is low.

And children coming home from school
Look in at the open door;
They love to see the flaming forge,
And hear the bellows roar,
And catch the burning sparks that fly
Like chaff from a threshing-floor.

He goes on Sunday to the church,
And sits among his boys;
He hears the parson pray and preach,
He hears his daughter's voice,
Singing in the village choir,
And it makes his heart rejoice.

It sounds to him like her mother's voice,
Singing in Paradise!
He needs must think of her once more,
How in the grave she lies;
And with his hard, rough hand he wipes
A tear out of his eyes.

Toiling—rejoicing—sorrowing,
Onward through life he goes;
Each morning sees some task begin,
Each evening sees it close;
Something attempted, something done,
Has earned a night's repose.

Thanks, thanks to thee, my worthy friend,
For the lesson thou hast taught!
Thus at the flaming forge of life
Our fortunes must be wrought;
Thus on its sounding anvil shaped
Each burning deed and thought.

—HENRY WADSWORTH LONGFELLOW

Upjohn

The Upjohn Company

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A Contemporary Classic in Insomnia Therapy

For many reasons—low dosage, short half-life, a full night's sleep, and daytime alertness—HALCION® Tablets (triazolam) have become a contemporary classic. In fact, HALCION is now the most widely prescribed benzodiazepine hypnotic for the management of transient and short-term insomnia.



It is uniquely suited for transient and short-term insomnia.

As defined by a panel of sleep experts convened by the National Institute of Mental Health (NIMH), transient insomnia may be caused by acute situational stress lasting several days, whereas short-term insomnia is usually related to excessive stress associated with work or family life and may last up to three weeks! "Jet lag," hospitalization for elective surgery, job loss, and bereavement are just some of the possible causes.

It meets a recommended therapeutic profile.

When drug therapy is elected as appropriate in the total management of transient or short-term insomnia, the NIMH panel stated that the more rapidly eliminated benzodiazepines are preferred to avoid unwanted daytime sedation. They recommend "... the smallest effective dose for the shortest clinically neces-

sary period of time; this recommendation applies especially to the elderly."

HALCION provides both the low dosage and short half-life that meet the panel's recommendations, especially for the elderly, with 0.125 mg tablets—the geriatric dose of HALCION.

It's rapidly eliminated for next-day alertness.

HALCION, with the shortest elimination half-life of any benzodiazepine hypnotic, is promptly excreted so patients are refreshed and alert the next morning. In double-blind clinical studies comparing the effects of HALCION with flurazepam and in a randomized clinical study comparing temazepam with HALCION, patients receiving HALCION demonstrated better morning alertness. While taking benzodiazepines, patients should be cautioned against engaging in hazardous tasks that require mental alertness (operating machinery or operating a motor vehicle).



0.25 MG TABLETS®
Halcion
triazolam[®] IV

Helps meet both goals of insomnia therapy

Please refer to full prescribing information under flap.